

Hampton Parks, Recreation & Leisure Services
Athletics Division
Girls' Fastpitch Softball
2016 Rules and Regulations
www.hampton.gov/athletics

1. **Official Rules:** The Hampton Parks, Recreation & Leisure Services Department's Rules and Regulations and The National Softball Association 2016 Softball Rules shall govern all leagues.
2. **League and Player Eligibility:** The HPR&LS Girls' Fastpitch Softball League consists of two (2) divisions: Minor and Major. The cut off date for age limitations is June 1, 2016.
Minor League Ages: 8 – 13
Major League Ages: 13 – 18
3. **Rosters and Team Eligibility:** **There will be a 14-player maximum per roster per team.** Additions will be reviewed and approved by the Athletic Division.

Teams will become eligible for play after the following requirements have been met:

- a. Each player on the roster must reside and attend a City of Hampton school. Use of an address in another school district will be considered the district of residence. If a participant moves out of the City of Hampton or enrolls into a non City of Hampton Public School before the 4th week of the season the player will be considered ineligible for the remainder of the season. Proof of enrollment into their new school will be required before the player can continue to play after the 4th week. The Athletic Division must be notified of all players that move out of Hampton, transfer to a non City of Hampton Public School or stop playing during the season.

Exception: Any youth attending a private school must show proof of enrollment using a Hampton address. Any youth attending school in another district and is a resident of the City of Hampton must prove that tuition is being paid within that other district or that their parent/guardian is employed by the school in that other district in order to play with the HPR& LS Softball Program. A letter on official school letterhead must be signed by school administrative staff with the following items to be considered a valid letter: the player's name, player's address that was used to enroll into the school, the player's date of birth and the date of enrollment or the acknowledgement that the player is enrolled for the upcoming school year. Any player that is home schooled must provide a letter on official letterhead from the City of Hampton School System granting permission for the player to be home schooled for the current/upcoming school year. This letter will be required for each sport's season that the player falls under this exception for eligibility. A letter from a previous school year, or previous sport's season will not be considered a valid letter to grant the exception for eligibility. (Regardless, the participant must reside in Hampton and if the participant is enrolled in another school district it must be done so using a Hampton address.)

- b. Signed Parental Consent for Treatment, Participant Consent and Parents' Code of Ethics forms must be turned in to the HPR&LS. Birth Certificates will be required for those participants not attending a City of Hampton public school.
- a. Each roster must have player names, addresses, birth dates and school attending typed in alphabetical order.
- d. The \$15.00 per player participation registration fee must accompany each roster made payable to the City of Hampton. The fee is non-refundable.

- e. All teams must have played each player on their roster in at least one game by June 17, 2016 or the team will be considered ineligible for the playoffs. **Failure to report that a player is no longer on a team's roster will not exclude the team from the post season penalty.**
- f. Players may move up to the next age group if the player is within one year of the next age division. A written request must be submitted to the Athletic Division by the commissioner of the association listing all players divided by divisions that wish to play up. The player's parent/ legal guardian that signed the player consent form must provide written permission stating that they understand the increased risk for injury by playing with other children outside of your child's recommended playing division for a player to be considered eligible to play up in the next age group. The Athletic Division will investigate each request and determine eligibility for each move request. No requests or appeals for players to play down an age group will be accepted.

NOTE: If a player is moved up, she must play with that age group for the remainder of the season once the first game of the season has been played by their team. Any player wishing to move back to their recommended division must be done before the first game of the season.

- 4. **Team Selections:** All returning players have the option to play for the team they played with last season. Any coach that has a child in the league may choose to have that player on their team. Any player entering the league for the first time or returning players who do not wish to play for their previous year's team will be placed in the draft. The draft order is randomly selected each round with each coach only picking one player per round. The draft will continue until all players have been picked or each team has a sufficient number of players to field a team.

- 5. **Roster Additions:** Roster additions may not be made after the first official game. Any youth who move into the City of Hampton after May 27, 2016 and wishes to play in the HPR&LS Girls' Youth Softball League must show proof of moving into the city. The following will be accepted:

- a. Military Orders
- b. Written letter from the parents' employer
- c. Written letter or documentation from a City of Hampton School

Note: Roster Additions of any kind will not be made after the third game of the season. Teams must have a minimum number of 10 players by the first game, and then additions will be on a case-by-case basis.

- 6. **Ineligible Players:** If a player has been suspended from school they may not participate in a sanctioned league game or practice until she is officially (physically) back in school. If a player is suspended on a Friday they will not be allowed to play on Saturday. No Exceptions. This does not apply to an in-school suspension.

- 7. **Equipment:** All teams must provide their own equipment. All players must use the following:
 - a. Batting helmets must be outfitted with a NOCSAE approved face guard.
 - b. GAME BALL: Each softball must a playable NSA stamped ball. Each optic (yellow) ball provided must be a .52 C.O.R. with a Maximum Compression of 275 pounds.
 - c. Only bats may be used to loosen up. Nothing may be attached to a bat.
 - d. The official bat shall bear the NSA 2012 logo and be a bat manufactured by a bat company that is listed on the Official Licensed Bat Company list found at www.playnsa.com. The official bat cannot be a bat listed on the Non-Approved Bat list or Non-Approved Bat Company List. softball bats that read "Official Softball" with a BPF of 1.2 or less will be used. NO EXCEPTIONS!
 - e. A shoe shall be considered legal if it is made with either leather or canvas uppers or similar materials. The soles may have soft or hard rubber cleats. Metal cleats are prohibited. Shoes must be worn by all players.

- f. Players are not permitted to wear jewelry of any kind except for medical alert ID bracelets or necklaces, which should be worn, taped to the body. Any type of head covering worn under the helmet; such as bandannas or head wraps is prohibited. Scrunches or other soft hair accessories are permitted if worn in a tasteful fashion and do not hide a player's number.
 - g. **The glove worn by a pitcher must be uniform in color. Gloves, mitts or knee pads with optic yellow circles on the outside, giving the appearance of a ball, may not be worn by any player and will be considered illegal.**
 - h. Players are not permitted to play with any type of hard cast. Soft casts are permitted with a doctor's medical release which must be presented to the Athletics Division one day prior to the game.
 - i. Any player warming up a pitcher **MUST** wear a catcher's mask.
 - j. **NSA strongly recommends that all youth pitchers wear a protective face mask during live play.**
8. **Uniforms:** Each player in a league game or tournament must wear a uniform shirt. These shirts like in color must have six (6) inch (or greater) numbers on the front and back and be alike in color. Each player must be assigned individual numbers so that they do not duplicate another teammate's number. Any player out of uniform taking the field or batting will be removed from the game until it is corrected. Uniforms must be worn in a tasteful manner with shorts no shorter than fingertip length.
- EXAMPLE:** The Blue Jays have a set of blue jerseys and a set of white jerseys. All players participating in that scheduled game must have the same color uniform.
9. **Coaches Uniform:** Coaches must wear coaching shirts alike in color. Coaching badges must be worn at all times; coaches without a coaching badge will not be allowed in the playing area (this includes the dugouts). Coaches must wear closed toed shoes at all times.
10. **Practice and Game Schedule:**
- a. Registration will begin: March 5, 2016.
 - b. Practice will begin: April 1, 2016.
 - c. Coaches found practicing longer than two (2) hours a day will be suspended.
 - d. There will be no practice on Sundays.
 - e. Practice sessions and scrimmages are prohibited on game days.
 - f. Do not permit any player to participate in any practice session until the coach or commissioner has in hand the player's permission forms.
 - g. Opening day will be Monday, June 2, 2016.
11. **Participation Rule:** Each player must play six (6) consecutive outs and bat at least one (1) time per game. **Any player that does not complete six (6) consecutive outs or bat at least one (1) time due to time expiring, etc... must start the next game and play six (6) consecutive outs and bat at least one (1) time. Coaches found consistently waiting until the last minute to put players in will be suspended.** Failure to abide by the participation rule will cost that team a forfeit of that game and disciplinary action against the coaches. Coaches are strongly encouraged to play participants as much as possible.
12. **Heat Policy:** The HPR&LS Girls' Fast pitch Softball League will adhere to the following heat Guidelines.

Heat Index

105

100 – 104

90 – 99

Policy

No Practice

No Equipment for catchers

Equipment should be removed as often as possible

Frequent water breaks and careful monitoring of athletes should be observed no matter the temperature. Practices and games will be cancelled if the heat index is 105 degrees or higher or if the heat index is expected to be over 105 degrees later that day. The Athletics Hotline will be updated by 4:30pm only if practices/games are to be cancelled or have restrictions for that day. When the heat index is expected to be 100-104, practices will be limited to 90 minutes. Any coach or commissioner violating this policy will receive an automatic suspension of three (3) games.

13. **Make-Up Games:** Rained out games will be re-scheduled by the HPR&LS and played as soon as possible. There may be as little as 24 hour advance notice on make-up games, except for end-of-season games and tournament games. Therefore, it is the coach's responsibility to gain this information from the Athletics Division or from the Fox Hill Softball Commissioner and relay the revised schedule to their parents. Make-up games will be played anytime during the week, Friday nights or Saturdays.
14. **Regulation Game:** A full regulation game will be seven innings or 75 minutes. Five innings or four ½ innings of play will be considered an official game if the home team is ahead. Games stopped before being considered an official game will continue from the point the original game was stopped. **Minor League Teams will play with 10 players in the field; Major League Teams will play with 9 players in the field.**
15. **Run Rule:** If a Minor League team scores 5 runs in one inning, that half of the inning is considered finished. If a Major League team scores 7 runs in one inning, that half of the inning is considered finished. Once the point difference between two teams is 10 points or more after the 4th inning, the game is considered final. This rule includes all regular season and championship games.
16. **End-of-Season Tournament:** The end-of-season single elimination championship tournament will be played between all teams in a league. Run Rules and Time Limits are in effect for end-of-season tournament games. If league standings are tied at the end of regular season play, head-to-head records will be used as the tie-breaker. If standings are still tied we will use head-to-head points yielded. Teams still tied after the second tie-breaker will use points yielded for the entire season.
17. **Awards/Trophies:** The HPRD will present individual Champion and individual Runner-Up trophies for the end-of-season tournament for each league.
18. **Protests:** A protest of a game must be made in writing by the head coach of the team protesting and be signed by the commissioner of the association. The protest must be submitted to the Athletics Division by 4:30pm of the next working day to be reviewed by the Softball Advisory Committee. Each protest will be accompanied by a \$75.00 check or money order made payable to the City of Hampton. The fee will be refunded if the protest is upheld. Protests on player participation or player eligibility will only be accepted. The umpire and opposing team must be made aware of the protest during the game. Protest involving judgment of Official's calls will not be reviewed.
19. **Coaching Requirements:** Any non-certified person that is caught trying to coach on the practice field or on the field or dugouts during a game will be asked to leave the coaching area. If an individual is wearing a coaching badge that belongs to someone else the individual will be asked to leave the coaching area. Subject to suspension the head coach and the original owner of the badge will be suspended.
20. **Liability:** The head coach must assume full responsibility for personal injuries that occur during non-league scheduled games, for injuries that occur while traveling to and from such contests, and for injuries that occur on other than sanctioned practice and/or playing fields.

21. **Automatic Suspension:** Any team member, coach, commissioner or president ejected from a game or from the game site shall be suspended for a minimum of **Two (2) games** to be played by his/her team. A second suspension will result in that individual being removed from the HPR&LS youth softball program for the remainder of the season. Any player, coach, commissioner, parent or spectator ejected from a game must leave the premises. If the person doesn't leave the premises the officials will forfeit his or her team's current game. Individuals that are suspended by the league may not return to the game sites during the time when HPR&LS youth softball games are being played until their suspension is completed.

The following automatic suspensions will be enforced:

- A. If a player engages in fighting on or off the field at any City of Hampton Parks, Recreation & Leisure Services game or practice site they will be suspended for the remainder of the season.**
Fighting: Is defined as engaging in a physical conflict between two or more people before, during or after a play outside of what is a normal and legal softball action regardless of which participant is the aggressor.
- B. During a game if a player, coach, commissioner or spectator leaves the dugout or stands to head towards or displays intent to interact with an altercation or to start one they will be suspended for the remainder of the season.**

Any attempts for an appeal must be presented by the athletic association's commissioner of the ejected individual. The commissioner must present the athletic division with the case to determine if an appeal is warranted by 4:00pm the next business day the Athletic Division is open.

If any coach, commissioner, president or player is found to be associated with any type of violation of the law (i.e.: possession of drugs) the HPR&LS and the Advisory Committee has full authority to suspend, eject, or ban that coach, commissioner, president or player.

NOTE: The use of such a player, coach, etc... shall result in an automatic forfeit by his/her team of all games in which he/she participated in while suspended. Example: Striking an umpire, player or using racial remarks toward an umpire or player can result in suspension of one year to lifetime band from all HPRD sponsored programs.

22. **Game Cancellation:** Games cancelled due to rain or wet grounds shall be determined at each field at game time by the Officials or earlier if possible by HPR&LS. If the games are cancelled by HPR&LS, a message will be left on the Athletics Information Hotline at 727-6251 by 4:30pm. If cancellations are not on the Information Hotline, players are expected to report to the game site. **In the event of severe weather (lightening/thunder/etc...) the league representative will make a determination on when to call play. If there is lightening in the area all players, spectators, personnel MUST clear the field and dugout areas and wait in a vehicle, concession stand or press box.**
23. **Illegal Substitution of Players:** If a player is illegally substituted for another player, playing under illegal age limitations, or does not meet the residency requirements, both players will be suspended from play and all games in which that illegal player participated will be forfeited. An investigation will be conducted by the HPR&LS Athletics Office and the Softball Advisory Committee as to the conduct of the coaches or commissioners.
24. **Tobacco/Alcoholic Beverages/Illegal Substances/Property Damage/Firearms:** The use and possession of alcoholic beverages or illegal substances or firearms on City of Hampton property is prohibited. Anyone caught using or possessing them will be subject to arrest. Any player, coach, commissioner, or president caught with or using an illegal substance, firearm or consuming alcoholic beverages will be suspended from the league indefinitely.

Any team, team member, coach, commissioner, president or anyone connected with a team in any way that is found guilty of defacing or damaging property at any time will be banned permanently from all HPR&LS sponsored programs.

No Smoking is allowed inside the fence separating the parking lot from the stands and playing field. Anyone smoking inside the fence will be asked to leave the area.

25. **Unsportsmanlike Conduct:** Any act of unsportsmanlike conduct observed by the HPR&LS or reported to the HPR&LS by its agents (i.e. officials, school officials, commissioners, etc...) will be investigated by the HPR&LS and the Softball Advisory Committee. If a suspension is imposed, it will be for a minimum of one (1) year from the date the suspension and will include all activities sponsored by HPRD.
26. **Board of Appeals:** The Board of Appeals shall be comprised of the Commissioners and Coaches of the Softball Advisory Committee. All appeals must come from the Athletic Association Commissioner representing the player, coach, parent or board member within that association. All appeals must be submitted in writing to the Athletic Division within 72 hours. Action of the Board of Appeals will be final with no further right of administrative appeal.
27. The Hampton Parks, Recreation & Leisure Services Department does not discriminate against any person on the basis of race, color, national origin, ancestry, age, marital status, religion, gender or disability.

SAFETY PRECAUTIONS FOR YOUTH SOFTBALL GAMES & PRACTICES

1. Do not permit any child to participate in any practice/game without having their medical release/liability form in hand.
2. Examine your practice/game facility daily for objects such as glass, holes, etc... that could cause injuries. If you find unsafe factors on or near your practice facility, call the Athletics Office at 726-8751.
3. When planning and conducting your practice sessions, keep in mind the age and physical condition of your players and act accordingly. Make sure each player is given frequent water breaks!!!
4. Check all playing equipment thoroughly: helmets, bats, gloves and shoes. Withhold any child from participation whose equipment you deem unsafe for use.
5. If a pitcher hits three (3) players at bat she must be removed from the mound or if it's the judgment of the official that the pitcher is endangering the batter, the official may remove a pitcher at any time.
6. Do not move questionable injured players. Call an ambulance and leave their care to the EMTs.
7. Any player who is unable to walk off the field without assistance will not be allowed to return to the game that day and must present a doctor's note before being allowed to play in future games. Coaches should also be alert to any type of injury; large or small. Coaches may prevent a player from returning to a game if they feel continued play could aggravate a minor injury or place the player in danger.

NOTE: A second blow to the head of a child who has suffered a concussion can easily result in the child's death.

8. Remember, the teaching of good sportsmanship and safe play is the primary goal of each and every parent, coach, commissioner and president.
9. Athletic Information Hotline 727-6251 (for information concerning weather related cancellations or restrictions).